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SPORTS {page 19}

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Itching to get back in the sky

Capt. Brian Bews suffered three crushed vertebrae after ejecting from his CF-18 at Lethbridge air show last month ◐ No cause determined yet for fighter losing control

KATIE TURNER/FOR METRO CALGARY

▶ Capt. Brian Bews said he's been in a back brace since the crash but is expected to make a full recovery.

Nearly a month after successfully ejecting from a plummeting fighter jet, Capt. Brian Bews said he is counting the days until he can fly again.

The 37-year-old pilot was doing a practice run in a CF-18 Hornet on July 23 for the International Airshow in Lethbridge when he felt something go wrong.

"It started to slide to the right and the nose dropped, which is very abnormal," said Bews. "I could see that (the jet) was going into the ground and I didn't want to go with it so I knew the only thing left for me was to pull the ejection handle."

"You're sitting on a seat but it is like a rocket. It's got almost 5,000 pounds of thrust that's applied to a guy that's about 175 pounds, so the thrust-to-weight ratio is enormous. There's really no comparison to that."
CAPT. BRIAN BEWS ON FLYING A CF-18 FIGHTER

Bews said his decision came instinctively and he didn't have time to process what was happening.

While he still has about another six weeks of recovery, Bews said he's never considered giving up flying.

"I've always loved aviation and flying," he said. "I followed my dreams and that's where I am today."

KATIE TURNER

Canada

Harper concerned over ship

◐ PM says he 'will not hesitate' to shore up human smuggling laws in wake of migrant boat ◐ Hearings required over sailors' identities {page 5}

Watch your back

Ice Cube can relate to the story in his new movie, Lottery Ticket {page 10}

Trying to find humour amidst horror

TV series focuses on somebody truly living — while terminally ill {page 12}

Shoot down to Yellowstone

75% of Earth's geysers are in U.S. national park {page 14}

They're not just for guacamole

Consider the options for those avocados {page 16}

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C101008	2010	CADILLAC	ESCALADE	4 from	$95,410	$6,500.00	$79,015	$3,000.00	$1,500.00
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C100839	2010	CHEVROLET	1500 SILVERADO	35 from	$28,495	$6,000.00	$17,936	$3,000.00	$1,500.00
C100477	2010	CHEVROLET	2500 SILVERADO	11 from	$44,440	$8,000.00	$32,061	$3,000.00	$1,500.00
C100517	2010	CHEVROLET	3500 SILVERADO	1 at	$74,890	$8,000.00	$58,636	$3,000.00	$1,500.00
C100974	2010	CHEVROLET	AVALANCHE	12 from	$48,265	$6,500.00	$37,009	$3,000.00	$1,500.00
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C110010	2011	CHEVROLET	IMPALA	5 from	$29,520	$0.00	$27,426	$0.00	$0.00
C100372	2010	CHEVROLET	1500	32 from	$37,320	$6,000.00	$27,781	$3,000.00	$1,500.00
C110014	2011	CHEVROLET	MALIBU	12 from	$26,390	$0.00	$25,057	$0.00	$0.00
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AMVIC LICENSED

Man struck, killed by C-Train

Calgary police are investigating the death of a man after he was struck and killed by a train outside Peter Lougheed Centre just before noon yesterday.

Sgt. Eric Langlois said a Caucasian male of unknown age was crossing the tracks at 26th Avenue and 36 Street NE as the northbound train was proceeding. He was killed on impact.

Transit service was shut down and packed shuttle buses ran along the northeast LRT line between Marlborough and McKnight-Westwinds stations.

PETER MCCARTNEY

"The driver started frantically honking. It sounded like it ran over a bike or something."
KIMBERLEE BECKING, PASSENGER

PETER MCCARTNEY/FOR METRO CALGARY

News in brief

No foul play in deaths

LETHBRIDGE. Foul play has been ruled out in the case of two people found dead in a Lethbridge farmhouse. An autopsy on the woman and young boy, reported to have been mother and son, showed the two might have died from carbon monoxide poisoning. They were discovered on Friday by a relative.

Mountie hurt in rollover

BANFF. A female RCMP officer is recovering and in stable condition after rolling her police vehicle early yesterday morning near Banff. Officials say the officer was trying to pull over a car that wouldn't stop.

METRO CALGARY

Laser targeted cops' chopper, police say

- Officers were responding to a weapons-related call at the time
- Sergeant compares light's intensity to oncoming high-beams at night, but a thousand times stronger

PETER McCARTNEY
CALGARY@METRONEWS.CA

Crew members of a police helicopter are being examined for eye damage to see if they can continue flying, after their craft was targeted by a laser as it flew over the Franklin area Monday night.

Calgarian Jason John McConnell, 34, has been charged with one count each of obstructing a peace officer and mischief causing danger to life along with some aviation charges after allegedly aiming a green laser light at the helicopter and its crew at 10:45 p.m.

They immediately donned protective eyewear and spent the next 30 minutes searching for the man, who allegedly hit them at least another two times.

"Lasers when targeted at a human eye can be damaging and can cause temporary or permanent eye damage," said acting Sgt. James Partridge

He said not only did McConnell's alleged actions affect the safety of police officers, but the general public as well.

"We've got a helicopter flying around at 1,000 feet in the middle of the night. To have someone shine a laser at it is incredibly dangerous," said Partridge.

He said there have been similar incidents before.

"If someone is injured to the extent that their eyes don't heal, that can absolutely affect their future flying."
ACTING SGT. JAMES PARTRIDGE

PETER MCCARTNEY/FOR METRO CALGARY

▶ Calgary police acting Sgt. James Partridge speaks to media yesterday about a laser attack on a police helicopter.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

SpinDoctor on the goodwill earned during Michael Ignatieff's summer road trip. More at metronews.ca/blogs

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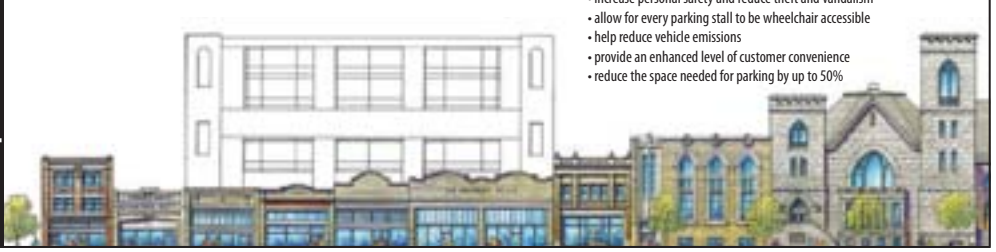

PLANE CRASH MYSTERY

Crash victims located?

Officials believe they have located the crash site and recovered human remains from a plane that disappeared off Cape Breton two weeks ago while carrying two Calgary energy executives.

Ronald David Johnston, 57, and Dennis Michael Forgeron, 43, are presumed dead.

Using a side scan sonar and remotely operated vehicle, searchers found a portion of the aircraft's fuselage in 52 metres of water on Monday about 10 kilometres off of Glace Bay, N.S.

The remains have been taken to a medical examiner's office for identification.

The Cessna vanished off radar as it was attempting to land in heavy rain and thick fog at Sydney airport on Aug. 5. THE CANADIAN PRESS

Back to class bonus

Back to school comes with a bonus for students at Bishop Carroll High School.

Grade 10 students pick up their purchased Toshiba laptops today as part of the Learning with Laptops program, the first of its kind in the Catholic system. The optional program will have students using laptops during all of their classes.

METRO CALGARY

Kids unhurt in blaze

Eight family members escaped a house fire at Deerpoint Gardens complex yesterday with no injuries.

Fire crews responded to the afternoon blaze and were able to subdue the flames before other homes were damaged. Officials say there were seven children ranging from seven months to 15 years old.

METRO CALGARY

For them, fighting AIDS is a family affair

KRISTA SYLVESTER/METRO CALGARY

▶ The Parker family — dad Vaughan, daughter Ashling, son Vincent and mom Christina — is getting ready for the Live. Laugh. Love. fundraiser this weekend.

◗ Live. Laugh. Love. fundraiser gala is on Saturday ◗ Tickets are $40 ◗ Proceeds go to AIDS Calgary

KRISTA SYLVESTER
@METRONEWS.CA

It started with the loss of a very dear friend — but has become a tradition for a family that is becoming the new face of a good cause.

In November 2006, the Parker family lost a close family friend, John, to HIV-AIDS.

Since then, they have embarked on two years of Calgary AIDS walks and are now holding their own second annual fundraiser featuring a tasteful burlesque show and local music.

"It really hit our family hard, especially my daughter, because we were close," said organizer Christina Parker.

"I am part of this because I think it's a really important cause."
ASHLING PARKER, 8

"We're teaching our kids they can make a difference in the community by doing things like this to give back."

She said they hope to raise up to $20,000.

The Parker family will also walk in the September Calgary AIDS Walk as Team "Love."

"There is no cure and no vaccine. We will walk for those who are no longer with us."

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PM eyes smuggling laws

Hearings required so authorities can keep the migrants in jails until identities are confirmed

Prime Minister Stephen Harper says the government "will not hesitate" to strengthen human smuggling laws. Speaking in Mississauga, Ont., after a local announcement, Harper was asked about the boatload of Sri Lankan migrants that arrived in British Columbia last week. Harper says Canada is a land of refuge, but when hundreds of people come to the country outside the proper channels, it leads to "significant security concerns." Harper says Canadians are concerned when "a whole boat of people" just simply lands.

THE CANADIAN PRESS

Request

Leeann King, a member of the Immigration and Refugee Board, denied a request from members of the Canadian Tamil Congress to also be allowed at the hearings.

Lawyer's argument

Lawyers for the migrants and for the Canada Border Services Agency had argued the hearings should remain closed to protect the identities of the refugee claimants. King says identifying details such as a person's name cannot be reported.

Baghdad. Bomb

▶ The mother of an injured man reacts as her son lies in hospital in Baghdad yesterday.

KARIM KADIM/THE ASSOCIATED PRESS

Iraq bomber kills 61

A suicide bomber sat for hours yesterday among hundreds of army recruits before detonating nail-packed explosives strapped to his body, killing 61 and wounding 125 of them.

Que. court acquits hockey legend

Quebec's highest court has acquitted hockey legend Guy Lafleur, saying there was reasonable doubt he ever intended to mislead anyone when he testified at his son's bail hearing.

Lafleur was convicted in May 2009 of giving conflicting testimony.

A month later, Lafleur was handed a suspended sentence and a $100 fine and ordered to donate $10,000 to a youth rehab centre.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO

"I'm sure it's an extreme relief for him (Guy Lafleur, pictured)."

LOUIS BELLEAU, GUY LAFLEUR'S LAWYER

Mom faces charges in kids' deaths

A South Carolina mother who claimed her children drowned when their car careened into a river was charged with murder yesterday after authorities said she confessed to suffocating the two toddlers to be free of them and then faking the accident.

Shaquan Duley, 29, told investigators she was distraught about money troubles and unemployment, said Orangeburg County Sheriff Larry Williams. He said Duley told them she killed the boys — two-year-old Devean C. Duley and 18-month-old Ja'van T. Duley — with her hands after arguing with her own mother about how she was raising the children.

THE ASSOCIATED PRESS

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10 Chev Camaro LT — stk# U0170 — 27,000km $30,398
07 Chevy Colorado — stk# P9229 — 81,399km $17,299
10 Chevy Express 2500 — stk# P9187 — 4 remaining $24,398
07 GMC Sierra 1500 SLE — stk# P9252 — Crew Cab $27,788
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07 Hummer H2 — stk# P9218 — 72,000km $36,398
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Student sues over banned yearbook photo

Policy prohibits women from wearing tuxedos in senior pictures ACLU lawyer calls school's actions 'shameful'

Another teenage lesbian is suing a rural Mississippi school district, this time over a policy banning young women from wearing tuxedos in senior yearbook portraits.

Yesterday, the American Civil Liberties Union filed a federal lawsuit for Sturgis, claiming district discriminated against her on the basis of sex and gender stereotypes. Her photo and name were kept out of her senior yearbook.

The ACLU first contacted the district in October 2009 about the issue, but officials said they would adhere to a school policy. By the time Wesson Attendance Center yearbooks were released this spring, school officials had made clear Sturgis's photo in a tuxedo wouldn't be included. But Sturgis was surprised to see even her name was left out of the senior section.

ROGELIO V. SOLIS/THE ASSOCIATED PRESS

▶ Ceara Sturgis

"I guess in the back of my mind I knew that was going to happen, but I did have a little hope. I cried. I put my head down and put my hand over my face," Sturgis said yesterday.

The suit challenges the district's policy allowing male students, but not female students, to wear a tux for senior portraits. The suit alleges a violation of Title IX, the federal law prohibiting discrimination based on gender.

Another Mississippi school district student found national attention in her fight to wear a tuxedo and take a same-sex date to prom.

THE ASSOCIATED PRESS

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Transat pilots vote to strike

METRO NEWS SERVICES

▶ Air Transat flies to 25 countries.

Air Transat pilots have voted 97 per cent in favour of a strike if a collective agreement is not reached with management.

The pilots will be in a legal strike position at midnight on Oct. 1, the Air Line Pilots Association said yesterday.

"This vote serves as notice to the company that our pilots are united and stand firm behind our goal of achieving a fair and equitable contract," said Capt. Sylvain Aubin, chairman of the Air Transat Master Executive Council.

After more than six months of bargaining, job outsourcing and pilot fatigue remain issues, Aubin said.

THE CANADIAN PRESS

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Montreal. Top hospital

▶ Quebec Premier Jean Charest is framed by a poster as he outlines Sainte-Justine expansion plans.

PETER RAY RAKOBOWCHUK/THE CANADIAN PRESS

Healthy millions for kids

Montreal's Sainte-Justine children's hospital is getting $995 million to modernize and build new facilities, CBC News Online reports. The money will fund two new buildings for specialized units and a research centre.

Xbox plays phone game

Microsoft targets Apple's iPhone

Microsoft Corp. is bringing its video-game expertise to the Windows Phone 7 line, due in the fall.

It's Microsoft's attempt to capitalize on the success of the Xbox 360 as the software maker tries to compete with Apple Inc.'s iPhone.

Microsoft says a dedicated group inside Microsoft Game Studios will develop video games for Windows phones, help outside game publishers and scout out small, independent game makers.

THE ASSOCIATED PRESS

The game plan

Microsoft is announcing a preliminary lineup of games to be available when the Windows Phone 7 line goes on sale.

- **Lineup** includes popular Xbox 360 console games such as Halo Waypoint, Crackdown 2: Project Sunburst and Guitar Hero 5.
- **Other newcomers** include Ilomilo, in which players unite critters separated by paths and mazes.

PotashCorp suitors get ultimatum

The Saskatchewan government says any company that might be interested in taking over fertilizer giant PotashCorp will have to keep its home in the province.

BHP Billiton has put forward a $38.6-billion US hostile takeover bid for PotashCorp, but PotashCorp rejected the offer.'

THE CANADIAN PRESS

Market moment

PRICES AS OF 3 P.M. YESTERDAY

DOLLAR	GOLD
+1.08¢ (96.81¢ US)	+$2.10 $1,228.30 US
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BIG IDEAS IN THE BIG SMOKE

Just sayin'

PAUL SULLIVAN

I kinda miss Mel Lastman.

Mel wasn't afraid to think big. As mayor of Toronto, he called in the army to deal with a snowstorm. In Canada.

Before flying to Kenya to lobby for the 2008 Summer Olympics, he uttered this legendary quote: "What the hell do I want to go to a place like Mombasa? I'm sort of scared about going out there, but the wife is really nervous. I just see myself in a pot of boiling water with all these natives dancing around me."

The games subsequently went to Beijing.

A guy like Mel is hard to replace. Fortunately, there must be something special in the city water supply, because the former furniture mogul appears to have a successor.

Meet Giorgio Mammoliti, Toronto councillor and former mayoralty candidate who is not afraid to be like Mel.

His platform included a casino, a lottery and a red light district, but — amazingly — that wasn't enough to nudge him out of last place in the polls, so he withdrew to focus on retaining his seat. He did promise to try again in the future, though, so all is not lost.

"The $2.5-million entity would thrust 125 metres tall into the North York smog ... topped with a Canadian flag the size of a football field."

And his latest big idea is worthy of Mel Lastman. If council gets behind it, he'll finally come first in the poles: We're talking about North America's largest flagpole, to be located in the middle of the urban wilderness at Finch and the 400. If you've spent any time at all in Toronto, you've never been to Finch and the 400 unless you were hopelessly lost.

An odd target for urban renewal as there's nothing there to renew.

But all that will change, as Giorgio champions the, um, erection of a pole that may not challenge the CN Tower for Toronto's largest phallic symbol, but will definitely own the phallic/patriotic showoff category. The $2.5-million entity would thrust 125 metres tall into the North York smog, about the height of a 40-storey building, topped with a Canadian flag the size of a football field.

The only other poles hoisted higher than Giorgio's dream petard are in the Middle East, the two tallest in Jordan, of all places, at 130 and 126 metres respectively.

This formidable flagpole will no doubt cement Toronto's status as a world-class city and give the folks in Jordan something to worry about, but the guy who stands tall, who isn't afraid to be measured, is Giorgio Mammoliti.

Move over Mel! Finally, someone beats the Bad Boy at his own game.

Cartoon

MICHAEL DE ADDER

Redefining prime time

Worth mentioning

Time-shifting: TV's future

TORSTAR NEWS SERVICE

If you've never time-shifted a prime-time television series — watched it later on a DVR, over the Internet or ordered it on demand — you're in the minority.

A survey of viewers conducted on the eve of the new fall season quantifies what has become commonplace in millions of American homes: People are putting themselves in charge of their own TV schedule.

Sixty-two per cent of U.S. viewers interviewed in a poll conducted for that nation's largest cable company, Comcast Corp., said they have used time-shifting technology. Six in 10 people said they owned a digital video recorder.

Among the new majority is Bethany Hardy, 36, of Arlington, Va., a writer and mother of a three-year-old. She said she and her husband rarely watch live television.

"It's a generational thing," she said. "All of my friends are pretty much the same way."

Hardy said it's after 9 p.m., when the toddler has been put to bed and she's cleaned the house a little, that she has time to think about catching up on her favourite shows.

The survey found that 60 per cent of viewers report time-shifting more than they did a year ago.

THE ASSOCIATED PRESS

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Metro Minute saving the beaches

Need a trim? Head to Stephen Avenue, in front of Sport Check, between 10 a.m. and 3 p.m. today to support the Get a Haircut Save a Beach event.

Eight SFM Lifestyles Salon and Spa stylists will be giving men's ($25) and women's ($45) haircuts. Clippings, along with proceeds, will go to Matter of Trust, a charity that is making booms out of natural hair to help absorb oil in the Gulf of Mexico, said SFM owner Wissam Akl.

"Hearing about the oil spill, you wish you could do something. We can help," said Akl.

Don't need a cut? Get a massage or manicured nails instead.

BRETTE EHALT

CONTRIBUTED

▶ Wissam Akl and his SFM crew are cutting for a cause today on Stephen Avenue.

2 scene

Everyone says that the hardest thing to do once you make it is to not change who you are
According to Ice Cube though, it's not the the people who make it big that change but the people around them

METRO WORLD NEWS

Ice Cube says he can relate to his character Kevin Carson, in his new movie the Lottery Ticket.

Ice Cube alienated by his success

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"Who was cool with me before I made the money is going to be cool with me now" ICE CUBE

Ice Cube had no trouble relating to Kevin Carson, the young protagonist in Lottery Ticket — opening Friday — whose life turns upside down when he wins $370 million US.

"The first thing they tell you is, 'Don't change!' What you realize is you don't change that much. It's just everybody around you," he says of his rise to fame 20 years ago as a rapper with NWA. "You find yourself kind of alienated. Everybody's talking about you before you get there, and you can feel it. It's just a whole different thing."

As a successful rapper, actor, producer, writer and director, he's seen incredible success, but he's also seen the downside of it, and he cautions young artists from getting too obsessed with fame. "Everybody that wants to be successful should always be careful what you wish for," Cube says." A lot of artists and entertainers want to put the genie back in the bottle. They wish they could go back to being who they were."

But Cube himself has managed to maintain an even keel, with no desires to put that genie back. The trick, he insists, is to keep your wits about you — and to know who your friends are. "You've got to make adjustments," he says. "Who was cool with me before I made the money is going to be cool with me now. Who wasn't cool with me before I made this, I'm giving them problems all the time like I was before. You know, don't get nice on me now."

First-time directors

For Lottery Ticket, producer Ice Cube handed the reins over to first-time director Erik White, who'd made a name for himself in music videos. "We work with a lot of first-time directors. We always have, probably always will," Cube says. "We like the collaborative spirit of first-time directors. I think we do well with them."

For Cube, nurturing young artists is a major part of his company's philosophy. "There's a lot of gems in our community or in our world, he says. And he insists there were no worries about whether White could handle the pressure — and no power struggles, even though Cube was also on set as an actor for the film. NED EHRBAR

Quoted

hard for people — they see Haiti, they see these other events ... and they get exhausted by the time another big one rolls around...mass death, mass displacement, and this situation is going to get worse"

ANGELINA JOLIE TALKING ABOUT HOW ITS VITAL THAT PEOPLE HELP PAKISTAN'S FLOOD VICTIMS AND NOT SURRENDER TO COMPASSION FATIGUE.

Marilyn's dress, Michael's glove: Auction-goers vie to own a piece of fave stars

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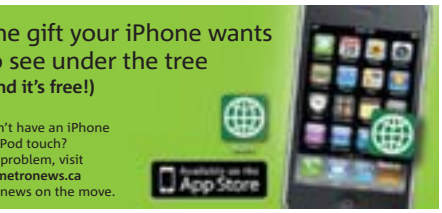

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The Big C avoiding the big D

Why a 'cancer comedy' isn't depressing, about dying, or writing itself into a hole ◐ Star Laura Linney on giving yourself permission to truly live

The Big C calls itself a "cancer comedy," seemingly an oxymoron of a label.

But this tale of how high school teacher Cathy Jamison (the fantastic Laura Linney) reacts to her diagnosis of stage 4 melanoma — mostly in humorous scenes of the uptight 42-year-old's emotional liberation, like ordering "just desserts and liquor" at a restaurant — is much more a contemplative celebration of how we each choose to live life.

"When I created this show, I thought, who doesn't need to laugh more than someone who is dealing with cancer in any sort of way," says series executive producer Darlene Hunt. "But it's also a show about living and not dying. It's a show for everybody because we are all on borrowed time."

As for how Cathy chooses to spend the remainder of her days — including not initially telling anyone about her illness — Linney says Cathy is "learning from the mistakes that she makes. She's learning from the actions that she does that are positive. And more than trying to have a bucket list, I think she's trying to figure out who she wants to be. What she wants to do is certainly part of it; there's a lot of fun stuff that she does do because when you're dying you're sort of liberated to do what you want to do. You give yourself permission."

FREDERICK M. BROWN/GETTY IMAGES

▶ Executive Producer Laura Linney and actor Oliver Platt speak onstage during The Big C panel during the 2010 Summer TCA in July.

While The Big C is about a woman with terminal cancer, her impending death isn't the focus.

"We don't think in terms of when are we going to kill (Cathy) because the show is much more about the exploration of what she's going to be doing while she's alive," says executive producer Jenny Bicks. "But if it comes time that she goes, she goes. We are not going to be afraid of that."

METRO NEWS SERVICES

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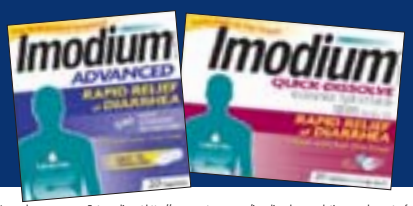

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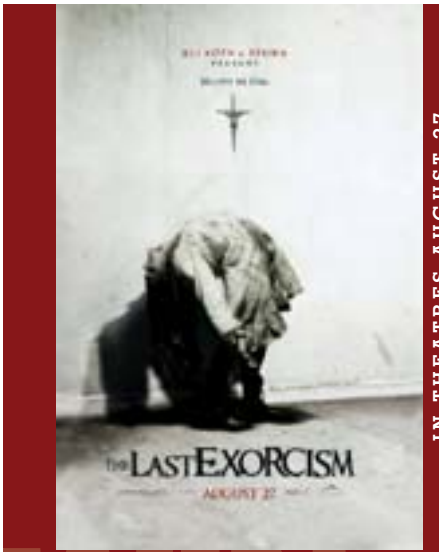

IN THEATRES AUGUST 27

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Badu fined for video striptease

Singer reportedly paid $500 US to the city of Dallas for her birthday suit romp at JFK assassination site

A city spokesman says singer Erykah Badu has paid a $500 US fine and will serve six months of probation for stripping during a music video shoot at Dealey Plaza in Dallas, where President John F. Kennedy was fatally shot in 1963.

Badu performed a walking striptease March 13 for her Window Seat music video. The video ends with a nude Badu falling to the ground as if she has been shot.

Police in April cited her for disorderly conduct after a witness made a sworn complaint. A number of children were among the tourists and other random passers-by seen on the video.

Dallas city spokesman Frank Librio says Badu paid the fine Friday.

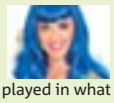
THE ASSOCIATED PRESS

GETTY IMAGES

▶ Apparently, artistic expression remains an invalid plea.

Celebrity tweets

Wilmer Valderrama [@Willy-Ville] Today, something special will happen!.. I can feel it..



Katy Perry [@katyperry] I just played in what felt like a steam room in latex. I can't believe I didn't full faint...

Nathan Fillion [@Nathan-Fillion] Ever eat a bowl of cereal and you are so tired you think, "Was that milk bad?"

Charges cleared for TV cop

Ice-T has been cleared of unlicensed driving charges stemming from a New York City arrest.

The rapper-actor called out "that's what I'm talking about — dismissed!" in a Manhattan courtroom yesterday. Prosecutors did just that to the misdemeanour case.

The entertainer, born Tracy Marrow, said last month when he was arrested that he had a valid New Jersey license.

Prosecutors said yesterday that New York Department of Motor Vehicles records wrongly reflected that his license was suspended because of a lack of insurance. Ice-T says he didn't know about the glitch in New York records and "never broke the law."

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3 life

The world's first national park offers a great chance to see animals, such as wolves elk, eagles and bison in their own habitats Grab your binoculars and cameras as you will see sights like nowhere else in the world

DANIEL HARPAZ/THE ASSOCIATED PRESS

▶ The Beehive Geyser is just one of about 300 geysers and 10,000 hot springs in Yellowstone National Park.

Yellowstone's natural Wonders never cease to amaze

It's been a summer of headlines for Yellowstone, though the news has not all been good: Three people were mauled (one fatally) by a grizzly at a campground near the park, authorities briefly staged a manhunt for fugitives in the area, and a buffalo charged a tourist earlier in the summer, flipping her.

But there has also been a major piece of good news, which has underscored the very reason for the park's existence: There were more visitors to Yellowstone in July — 957,000 — than in any month in its history.

The recession has undoubtedly contributed to vacationers choosing the park as a destination; attendance records were set last summer too. But the high numbers of visitors are also a testament to the park's enduring appeal. And it's not just Old Faithful that keeps people coming back, generation after generation. In addition to being home to 75 per cent of the earth's geysers, Yellowstone is also a wonderful place to view wildlife. With mating season for buffalo taking place in August, followed by mating season for elk in September, late summer is an ideal time for a trip.

For some wolf-watching is a prime objective of our visit to Yellowstone. But there are no guarantees that you will see the elusive animals. There are only about 100 wolves living in the park's 9,065 square kilometres, according to park spokesman Al Nash. They're small, they blend in to the landscape, they can quickly change position, and they will not go near people.

BETH HARPAZ/THE ASSOCIATED PRESS

▶ The Grand Canyon of the Yellowstone is a popular tourist stop in the park, offering stunning views.

In contrast, bison were easy to find. They're slow-moving, they don't mind congregating near busy roadways and other tourist-heavy areas, and they're so big they can be spotted from a long distance.

But if you do your homework you will learn that there are two easily accessible areas of the park known for wolf-watching: Lamar Valley and Hayden Valley. "They have been seen everywhere," said Nash.

THE ASSOCIATED PRESS

An out-of-this world experience

While wildlife-watching was our No. 1 reason for visiting Yellowstone, the park's other-worldly landscapes turned out to be just as fascinating. Yellowstone has about 300 geysers and 10,000 hot springs, bubbling mud pots and steam vents, constituting more thermal features than are found anywhere else in the world.

A hike through the Norris Geyser Basin was a great introduction to this landscape. It felt like a walk on another planet, or a set for a movie about a prehistoric era. White steam rose over the dark green pine trees, and the ground was potholed with bubbling cauldrons and boiling fountains.

Naturally you must be cautious around the geysers — the scalding water can burn or even kill you. Geyser eruptions can vary from every few minutes to every few days to once every 50 years, and part of what made the walk through Norris Basin so spooky was the unpredictability.

Of course a visit to Old Faithful is mandatory. It erupts to a height of more than 30 metres every 66 to 80 minutes, although occasionally the wait stretches to two hours..

THE ASSOCIATED PRESS

Side Trips

If you're planning a vacation in Yellowstone, consider side trips to a trio of unusual destinations in Wyoming on your way.

DEVILS TOWER
This natural stone formation located in northeast Wyoming. It's an awesome sight, rising 264 metres from its base or 386 metres above the Belle Fourche River.

THERMOPOLIS
On a rocky hill overlooking this quiet town of 3,000 is a hand-painted sign: "World's largest hot springs," with an arrow. These springs gush millions of litres of mineral water a day at a constant temperature of 57 C.

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Interested in New Mexican art? The Spanish colonial museum has a new exhibit showcasing its diversity.

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Motorcycling in the Maritimes

Hilly landscapes, winding turns result in great views on a two-wheeled trip Take a break and see the unique small-town culture along the way

GLENN ADAMS/THE ASSOCIATED PRESS

A view of the road during a motorcycle tour along the Cabot Trail in Cape Breton, N.S.

Riding around North America three decades ago on a motorcycle might have resulted in hostility that might resemble the 1969 movie Easy Rider, where the bikers were physically attacked by locals, but things have changed since then.

As the years have passed and the number of two-wheeled travellers has blossomed into a new market, there's a new attitude out there toward two-wheeled tourers.

In Nova Scotia's Cape Breton Island, official tourism offices and vendors themselves couldn't be more accommodating.

At provincial welcome centres in Nova Scotia and New Brunswick, counter assistants do more than trace the way to destinations on a map. Using their computers, they provide a list of local bed-and-breakfasts or other lodging places, track the prices and number of vacancies. They gladly make phone calls to the innkeepers on our behalf, and then let you book your rooms on the spot.

All while were wearing leather riding gear.

Innkeepers are glad to see the motorcycle business, said Monika Frick, owner of a bed-and-breakfast in the charming St. Andrews, where seven-metre Bay of Fundy tides ebb and flow against New Brunswick's shore. Thousands of bikers converged on the town for this summer's Atlanticade motorcycle festival, filling virtually every room around and sending many to outlying towns.

"I liked it a lot," said Frick, a former rider herself. "My B&B is always open to bikers and I always take my car out of the carport for bikers."

There's really no comparison between riding in a car and on two wheels, especially on roads the Maritimes offer. On a motorcycle, you're not in a metal box just passing through, but rather part of the outdoor scene, where the sights have a more panoramic impact and sounds clearer and smells cleaner. As for the feeling of wind flying through your hair, forget it. laws require helmet use.

In Nova Scotia, Cape Breton's celebrated Cabot Trail, 300 kilometres of spectacular ocean and highland vistas, has long been a major draw for serious motorcyclists. The winding road cuts through forested mountainsides, hugs seaside cliffs and overlooks deep river gorges, offering riders one breathtaking view after another.

THE ASSOCIATED PRESS

Check out Nova Scotia's guide, at motorcycletourguidens.com

P.E.I.

From Cape Breton you can enter Prince Edward Island via ferry from Nova Scotia's Pictou Harbor, offering us an easy shot to Charlottetown. Leaving Prince Edward Island by the famed, 13-kilometre Confederation Bridge, a breathtaking venture in its own right. The bridge connects P.E.I. and New Brunswick. A tip to travellers: There's no fare entering the island, you pay when you leave. So skip the $40-per-motorcycle charge on the ferry and paid $17.50 to leave.

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Embrace the avocado

It appears that guacamole, a zesty dip made of avocados, may be a little passe now that chefs have found other ways to use this buttery fruit

"In many pastries you may have cream, cream cheese or ricotta and that's why I think avocados can be used in desserts because of their creamy richness," says Susan Feniger, chef and co-owner of a string of Mexican restaurants in southern California with her partner, chef Mary Sue Milliken.

"You can use avocados to enrich a dish, and even if you add one to a salad you don't need as much oil."
SUSAN FENIGER

Feniger says that avocados used in place of dairy products appeal to vegans as well.

"Sometimes you may be making tomato soup and you use avocado instead of cream. That would certainly appeal to a vegan palate."

Avocados are native to the tropics and subtropics and are regarded for their lush, buttery texture and nut-like flavour.

Known earlier on as alligator pear, the many varieties range from round to pear-shaped. The skin can be thick and green to purplish-black and smooth to corrugated.

Feniger says that she has created a dessert recipe using mangoes, grapefruit and avocado with yogurt or sour cream, honey and lime, which is "sensational."

"You have this richness of avocado and with the natural sweetness of the fruit, the acidity and the sour cream or yogurt, it's a great combination."

Feniger says that like cream, avocados have calories, "but they are also loaded with great nutrients that are so good for you.

"It's the good fat and good cholesterol, not the bad," she says. "You can use avocados in small amounts to enrich a dish and even if you add one to a salad you don't need as much oil."

Feniger also uses avocados in mixed cocktails.

"We did an avocado margarita at one of the restaurants. It adds body and texture to a mixed drink," she says. "I could imagine taking avocados and using them pureed and thinning them with lime juice, making it more like a pina colada — and a healthy one at that."
THE ASSOCIATED PRESS

AMANDA GOVAERT (FLICKR: AMANDA GOVAERT)

▶ Avocados for sale at a market.

Avocado for dessert?

Here is a decadent cake to try at home that incorporates fresh avocados.

Chocolate Pistachio Cake
- 170 (6 oz) pistachios, shelled
- 250 ml (1 cup) sugar, divided
- 190 g (7 oz) bittersweet chocolate, finely chopped in food processor
- 170 (6 oz) unsalted butter, cut into 2.5-cm (1-inch) pieces
- 15 ml (1 tbsp) flour
- 4 eggs, separated
- 2 ripe fresh avocados, peeled, seeded and diced
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) cream of tartar
- Powdered sugar
- Creme Anglaise

Method

• Preheat oven to 150 C (300 F). On a baking sheet, arrange pistachios and place in oven for about 15 minutes to toast nuts until they are dry and aromatic. Stir pistachios occasionally; let cool. Grind nuts in food processor with 50 ml (1/4 cup) sugar and the flour, pulsing on/off, until the consistency of fine meal.

• Increase heat to 180 C (350 F). Butter a 20-cm (8-inch) springform pan, line with parchment paper, then turn paper over.

• In a microwave-safe bowl, combine chocolate and butter and microwave on medium power for 2 1/2 minutes. Stir until smooth.

• In the bowl of an electric mixer on medium speed, beat egg yolks with the whisk attachment. Gradually add 125 ml (1/2 cup) of the sugar and continue beating until yolks are thick. Add avocados, increase speed and beat until smooth. Reduce speed to low and gradually stir in vanilla, chocolate and nut mixtures.

▶ Chocolate Pistachio Cake

• In a medium bowl, beat egg whites with cream of tartar on medium speed until peaks form. Add 50 ml (1/4 cup) sugar, 15 ml (1 tbsp) at a time, and continue beating until stiff. Fold beaten whites into yolk mixture (yolk mixture will be very thick). Fold yolk mixture back into remaining whites. Pour into pan. Tap pan on work surface and smooth top with a spatula to level. Bake for about 40 minutes or until a toothpick comes out almost clean. Allow cake to cool in pan.

• Remove sides of springform pan and, using a long spatula, slide the cake off the paper onto the serving plate. Ladle Creme Anglaise into the centre of each dessert plate, place a wedge of cake in the centre of the plate and serve immediately.
THE ASSOCIATED PRESS

Health facts

Avocados are high in vitamins and minerals and good source of healthy fat. Here are some nutritional facts on avocados:

- One-fifth of a medium 30-g (1-oz) avocado has 50 calories and contributes nearly 20 vitamins and minerals.
- Avocados contain good fats, providing 3 g monounsaturated fat and 0.5 g polyunsaturated fat per 30-g (1-oz) serving.
- They act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, from foods that are eaten with the fruit.
- Lutein has been shown to be concentrated in the macula of the eye, and research suggests that it might help maintain healthy eyesight as we age.

▶ The Power of Who is all about finding your "who" and using them to get to the next step.

New approach to networking

Use who you know to help get ahead The Power of Who aims to change how you network

We're told that getting a job isn't about what you know, but who you know. Networking is crucial when job hunting, or so we thought. But one man is challenging that belief, saying the only networking you need to do is with friends you already have.

Bob Beaudine, President and CEO of Eastman & Beaudine, and a top executive recruiter in sports and entertainment, discusses this new approach to networking in his book, The Power of Who: You Already Know Everyone You Need to Know.

"I wrote the book because I want to help, and to do that we first need to change the way we network," says Beaudine. "Networking is the greatest thing in the world, just not the way we do it."

The Power of Who is all about finding your "who" and using them to get to the next step.

Everyone has a "who": List everyone you know, and then narrow the list down to those you consider friends.

Out of 5,265 people he knows, Beaudine only considers 87 part of his "who."

"Identify your who, decide what you want, and connect," he says. "Have your friends help you connect. This is already in place for us and doesn't cost anything."

Sounds too simple? It is. "Sometimes the most profound ideas are the simplest," says Beaudine.

"We've left all the people who know us, like us, and are rooting for us, and instead network with people who don't know anything about us."

When consulting your "who," know which ones to ask for help, and be clear. Your friends can't help if you don't tell them what you want.

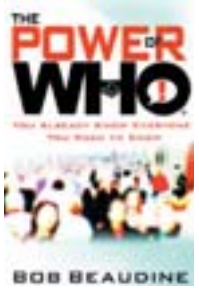
And in this tough job market, your "who" might be just what you needed. "How many people do you need to get your dream job?" says Beaudine. "One, and that's hope." METRO

Power tips

Beaudine's four tips for networking.

1. Do I know you? References, endorsements and testimonials are your greatest allies when applying for jobs. A recommendation from a friend reveals more about your character and work ethic than someone who barely knows you personally, such as a previous boss.

2. Do I like you? Can you really build a relationship with someone in a few minutes? If your interviewer has heard about you from a mutual friend, they'll feel like they know you better right away.



3. Can I trust that you understand my needs? Do your homework on the interviewer. Know what they need and prepare for answers that show you can fill their needs. A friend's recommendation can prove you're trustworthy.

4. Are you the best for me in my particular situation? Show passion for the job and your work. People want to work with those they can become friends. If your interviewer knows a friend that describes your personality and love of your field, they'll be more comfortable hiring you. METRO

Balance is the key to homework help

▶ Demonstrating an interest in your child's homework is not the same thing as completing assignments for them.

A new school year is fast approaching and for many families, homework will once again become a nightly activity. Making homework a positive and productive experience is something that every parent aims for.

According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at school. Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning.

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from Kumon Math and Reading Centres:

- Know the school's homework policy. Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assignments, and expectations for parent involvement.
- Establish a routine for homework completion. This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand.
- Reinforce good study habits at home. Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take.

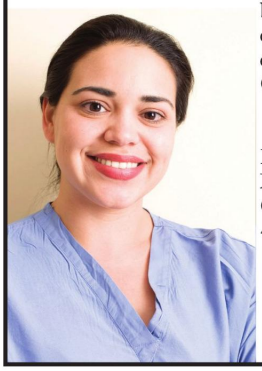
NEWS CANADA

Helpful tip

- Check that your child's assignment is complete before it is submitted, and review the feedback provided by the teacher once it has been returned.

COLUMBIA COLLEGE

Accelerated Health Care Aide Program with the benefit of small class sizes



This 15 week program is designed to give both health care skills theory and field-based co-operative education experiences. This curriculum is based on the Provincial Prototype Curriculum for Health Care Aides in Alberta.

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Outside-the-box thinking on display

NHL exec Shanahan curious to see research and development camp

It promises to be the kind of scene a hockey nut can't help but marvel at.

With a series of revamped rules and an altered ice sheet that has just one faceoff dot in each zone, the NHL's research and development camp will feature plenty of outside-the-box thinking.

It plays out over four sessions at the Toronto Maple Leafs practice facility today and tomorrow, with 33 top-rated junior players being put through their paces by veteran coaches Ken Hitchcock and Dave King. The stands will be full of general managers and executives carefully watching everything unfold.

"Like most people, I'm curious," Brendan Shanahan, the NHL's vice-president of hockey and business affairs, said yesterday. "I'm curious to see a lot of these things play out. I know as a player, it would be fun to play with these new challenges and new rules and new ideas."

Shanahan was tasked with bringing the camp together — an assignment that came directly from NHL commissioner Gary Bettman.

It's the first major project he's undertaken since stepping into his job with the league in December.

However, it's not entirely new ground, because of the "Shanahan Summit" he famously organized in December 2004.

Many of the changes that opened up the game following the lockout had their roots in that gathering, when Shanahan footed the bill for key stakeholders to gather in Toronto and discuss what needed to be done to fix a sport the veteran forward viewed as "broken."

There's a completely different atmosphere around this event.

The NHL's goal now is to be proactive and avoid letting the on-ice product slip again in the future.

THE CANADIAN PRESS

Changes coming?

The following are among the suggestions that will be looked at during the NHL's research and development camp.

- Having three faceoff dots, one in each zone, down the centre of the rink.
- Using a variation of the faceoff, where a whistle starts play rather than the traditional puck drop.
- Trying both no-touch icing and a hybrid icing rule, where referees can blow the play dead prior to the defending player touching the puck.
- Having the second referee located off the playing surface.
- Not allowing a team to change lines after it commits an offside.

DALE MACMILLAN/GETTY IMAGES

▶ Calgary's Jarome Iginla waits to take a faceoff against Detroit's Henrik Zetterberg last season. The NHL is set to review suggestions that could change faceoffs in the league.

Sports in brief

Top seed loses at Rogers Cup

TENNIS. Top seed Jelena Jankovic of Serbia did not make it out of her first match at the Rogers Cup, losing to qualifier Iveta Benesova of the Czech Republic 7-6 (3), 6-3 on centre court last night at Uniprix Stadium.

Mets stop paying K-Rod

MLB. The New York Mets are withholding injured closer Francisco Rodriguez's salary while he's sidelined.

Rodriguez was placed on the disqualified list yesterday, six days after he tore a ligament while punching his girlfriend's father outside a family lounge at Citi Field.

Canada adds to medal count

GAMES. Lauren Earp of Toronto won Canada's third swimming medal at the inaugural Youth Olympic Games yesterday, finishing third in the women's 100-metre freestyle in comeback style.

Oswalt lifts Phils to big win

MLB. Roy Oswalt pitched seven sharp innings, Placido Polanco had four hits and the Philadelphia Phillies beat the San Francisco Giants 9-3 last night.

The Phillies took a one-game lead over San Francisco in the NL wild-card race.

METRO NEWS SERVICES

He's back: Favre up to his old tricks again

Brett Favre is back in the building.

The 40-year-old quarterback returned to Minnesota yesterday, arriving in a private jet trimmed in the Vikings' purple and gold with three teammates who were sent to Hattiesburg, Miss., to bring him back for one more shot at a Super Bowl.

This time around, Favre got a ride to Vikings headquarters from kicker and close friend Ryan Longwell — last year, when he joined Minnesota, head coach Brad Childress was at the wheel. Longwell's black SUV was followed by three helicopters from local television stations and pulled into Vikings headquarters as dozens of fans cheered and photographers snapped pictures.

BRENDAN SULLIVAN/THE ASSOCIATED PRESS

▶ Vikings fans wait outside the club's facility in Eden Prairie, Minn., for QB Brett Favre to arrive yesterday.

Favre's website posted a message earlier saying "stay tuned for breaking news from the Minnesota Vikings today on Brett Favre's possible return."

Presumably, Favre did not make the trip just to tell the Vikings he was retiring, but the team still had not given an official confirmation that the star quarterback will play this year.

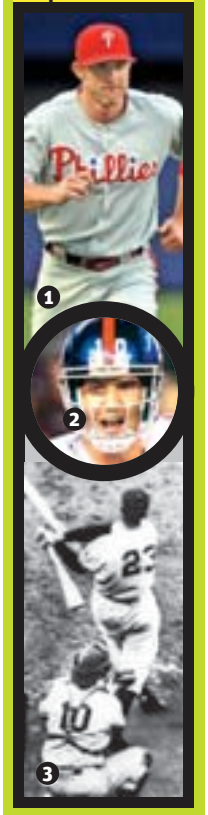
He is, however, under contract — the second season in a two-year deal worth $25 million US.

The Vikings issued a media schedule for today, announcing that coach Brad Childress will hold his regular news conference following practice.

THE ASSOCIATED PRESS

4 sports

Sports in brief



1 Phillies activate all-star 2B Chase Utley from DL.

2 New York Giants not certain if Eli Manning will be able to play on Saturday.

3 Famed home run hitter Bobby Thomson dies at age 86.

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CANADA'S hottest model event

2010 Dodge Grand Caravan SXT shown.§

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SUBMITTED PHOTO

▶ The compact 2010 Suzuki SX4 resembles a mini sport utility with its squarish rear end and optional roof rails.

SX4 hatchback winner all the way

Suzuki hatch a step up from the bland sedan version All-wheel drive, options galore make this 2010 model a great value for your money

NEIL MOORE
DRIVE@METRONEWS.CA

With a few exceptions, I've always liked hatchbacks.

More practical than their compact and subcompact sedan siblings, these vehicles offer wagon/CUV practicality, but with better fuel economy and in a more svelte package.

Hatchbacks, in my mind, usually win on looks as well. Compare the Impreza sedan with the five-door version, the Corolla with the Matrix, and the Yaris sedan with the hatch. I prefer the latter in all cases — especially the Yaris.

So too with the 2010 Suzuki SX4 Hatchback.

A step up from the bland sedan, this funky little five-door, with its trucky lines, optional roof rails and pronounced wheel arches looks like a mini SUV.

And with optional 16- and 17-inch alloy wheels pushed to the four corners, very short rear overhangs and relatively wide track, the SX4 has a firmly planted look.

That aside, there are plenty of reasons to consider Suzuki's SX4, not the least being its availability of all-wheel-drive.

Another reason is value. A reasonably well-equipped FWD base model (with six-speed manual) begins at $17,695.

This gets you keyless entry; power windows and doors; air conditioning; four-speaker, satellite-ready AM/FM/CD/MP3/WMA sound system; rear window wiper/washer; six airbags, ABS with brake assist and electronic brake-force distribution, and more.

This little hatch is no off-roader, but for cottage roads or slippery conditions, a rocker switch between the front seats can toggle from 2WD (front drive) to Auto, which sends power to the rear when needed, or even Lock, which sends constant torque to both axles up to 60 km/h.

The specs

2010 SUZUKI SX4

- **VEHICLE TYPE** Compact five-door hatchback
- **PRICE** from $17,695
- **ENGINE** 2.4-litre DOHC, 16-valve four-cylinder (150 hp; 140 lb/ft of torque)
- **FUEL ECONOMY** 8.9/6.9 L/100 km (31/41 mpg) (city/highway)

Muscle cars regaining popularity, website reports

▶ The Dodge Challenger

NADAguides.com, a U.S. provider of vehicle pricing and information, has noticed the continued popularity of muscle cars in the website's daily list of Top 10 Most Researched Sports Cars and Coupes — with modern muscle cars from Chevrolet, Ford and Dodge dominating the list.

"Demand for modern muscle is on the rise, as seen by the introduction and buzz surrounding the 2010 model year Chevrolet Camaro, Dodge Challenger and Ford Mustang," says, Don Christy, Jr., president of NADAguides.com.

"Buyers like the appeal of their sleek modern-meets-old-school exteriors combined with powerful yet impressively fuel efficient engines."

Christy also noted that the interest in contemporary muscle cars is mirrored by growing popularity of classic muscle.

FROM CARGUIDE

5 drive

In brief

One of the largest solar power generation systems in Michigan will be built at Ford's assembly plant in Wayne, helping to power production of small cars and recharge electric vehicles.

FROM CARGUIDE

Scan code for more car reviews and news

Auto Pilot

MIKE GOETZ
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LONG MAY YOU RUN AND ALL THAT

I recently parted company with a car, a certain 1993 Mercedes-Benz 190 2.6. I didn't have this one all that long, about two and a half years. And as far as car relationships go, this wasn't one of the "big" ones in my life. But still ...

As I collected our things from the glove box, the trunk, and various cubby holes and cervices, and sat in the car for the last time, just before I was to hand over the keys to the new owner, I wasn't ready to start balling like a five-year old, but I wasn't completely detached from the moment either.

A little pang in the stomach, a little regret that I would never roll down the highway again, with its M-B star hood emblem leading the way and my elbow out the window. I always seemed to drive that way, because the bottom of the window frame was at the right height — a perfect armrest — and because the air conditioning never worked, from day one.

Air conditioning was always a fair way down on its "need to get fixed" priority list and never had a real chance to move up. Keeping it in its place were other various recurring ailments, which got the better of me, and our bank account.

I always had a "thing" for these well-engineered "baby" Mercedes models — timeless styling, smooth and torque-laden inline six, Autobahn-approved handling.

And we shared some good times.

I once interviewed Dr. Werner Breitschwerdt, the chief designer of the car, former CEO of Mercedes-Benz, and current inductee in the European Automotive Hall of Fame. After our talk he came out to the parking lot and game me a personal engineering tour of my own car.

▶ Mike Goetz remembers the fun times with his now-departed 1993 Mercedes Benz.

Another highlight was getting stuck on Sauble Beach in Ontario. Some friendly beach volleyball guys, volunteered to pull me out of the sand and water with their 4x4, but only if I personally attached the chain to something structural — they were towing people out all day, and were tired of tearing off bumpers. I basically had to dig myself under the car, to get the chain around a cross member. But it worked. So I got a little muddy (see photo).

At any rate, she's down the road now. I see now that I was just a temporary custodian.

I'll end this column, and my salute to this particular Mercedes-Benz 190, with a line from a Neil Young song.

The line is also the title of the song, an elegy to Young's first car, a 1948 Buick Roadmaster hearse … Long May You Run.

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As low as **$ 458 / mo.** (+ GST)

Space Grey Metallic, Black Leatherette Interior, Executive Edition

*Ex-courtesy car. 12885 km's. Stock# N11029

2010
X5 xDrive 30i

$ 68,545 Sale Price*
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*Executive Car 9900km Stock #N12077

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Finance and lease rates are those offered by BMW Financial Services Canada only on approved credit. MSRP for 2010 X3 xDrive 28i/X5 xDrive 30i/2011 323i shown is $41800/$77150/$36500. Total list price of $44195/$79595/$38948.76 includes freight and PDI charge of $2395. A/C tax ($100), Tire Levy ($20), Admin. fee ($395), AMVIC fee ($6.25) and taxes are extra. Lease rate for 2010 X3 xDrive 28i shown is of 2.9% available for 48 months and 2011 323i shown is is of 1.9% available for 24 months. With a $5201/$5900 down payment, [which includes A/C tax ($100), Tire Levy ($20), Admin. Fee ($395), and AMVIC Fee ($6.25)] payments are $458.00/mo./$323/mo. plus GST. Total obligation including all 48/24 lease payments is $27729.01/$13651. Residual value of vehicle at end of term is $16630/$23725. GST, PPSA fee ($22.76), first month's payment and a refundable security deposit of $500 with $5201/$5900 down payment is due at signing. Retailers are free to set individual pricing and charge administration fees. Annual kilometers are limited to 20000km/year. $0.15 per excess kilometer charge will apply at lease end. Excess wear and tear charges may apply. Certain conditions apply on 4yr/80000km no-charge schedule maintenance. See Retailer for details. Offer expires August 31st, 2010. Delivery must be taken by August 31st, 2010. Offer requires Retailer participation. Offer is subject to availability and may be cancelled or changed without notice. See your Calgary BMW Retailer for details or visit www.valueofbmw.ca for full details. ©2010 BMW Canada Inc. "BMW", the BMW logo, BMW model designations and all other BMW related marks, images are the exclusive properties and/or trademarks of BMW AG, used under license. AMVIC LICENSED.

Putting the brakes on gas

- Mazda's braking technology helps improve fuel economy
- System available in Mazda2

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

"Brake pedal feel is very important to us, so we had to do this without making the brake pedal feel soggy."
MAZDA'S RUBEN ARCHILLA

▶ The all-new 2011 Mazda2.

Improvements in vehicle fuel economy seldom make giant strides. Instead, manufacturers use numerous technologies that, individually, make only minor changes in the consumption figures. Add them all together, though, and they can make quite a difference at the gas pump.

That's the idea behind the brakes on the all-new 2011 Mazda2, which save a fractional amount of fuel that then adds up alongside other improvements throughout the car.

Although they don't look any different from those on other vehicles, there is a tiny gap between the Mazda2's brake rotors — the metal discs that sit behind each wheel, and which turn with them when you're driving — and the metallic brake pads that are squeezed against them when you hit the brake pedal, which brings the car to a stop.

Normally, the pads always rest lightly against the rotor, which requires energy to overcome the drag.

The new Mazda system eliminates the contact between pad and rotor.

"The basic concept was to reduce the frictional losses that are attributable to the drag between the rotor and the brake pads when you're driving," says Ruben Archilla, group manager of advanced engineering and program promotion for Mazda North American operations.

"On the Mazda2, we were able to reduce the amount of drag from the brakes by about 50 per cent."

Inside innovation

The brake pads are held in a caliper, a metal bracket containing a small piston that squeezes the pads against the rotor. Mazda's engineers revised the shape and structure of the piston seal, so that when the driver takes his foot off the brake pedal, the pads pull away further from the brake rotor. In effect, the pads "float" above the spinning rotor, without touching it.

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Explorer in green territory

The all-new Ford Explorer is more than just the new fuel economy class leader in the midsize SUV segment.

The reinvented Explorer, which arrives later this year, also sets a new benchmark for sustainability in the SUV segment due to an increased use of renewable and recycled content, such as parts made from steel left over from F-150 production.

The new Explorer also leverages Ford's industry-leading use of bio foam and recycled fabric in its interior. These and other eco-improvements help make Explorer 85 percent recyclable.

Ford is minimizing waste by making Explorer's noise-dampening fender baffles, which fit between the vehicle's outer shell and its inner structure, from steel left over after stamping the door openings out of F-150 body sides.

The reuse allows Ford to reduce its use of virgin steel by an estimated 119 tons for one year of production. Using less virgin steel also reduces CO2 emissions by approximately 119 tons — about the same amount emitted by a midsize car driving the circumference of the earth 14 times.

▶ The 2011 Ford Explorer is 85 per cent recyclable.

The Explorer interior also incorporates sustainable materials to lessen its environmental impact. Explorer uses 25 per cent recycled fiber in its interior fabrics, including seat upholstery, bolster and carpeting.

The use of recycled fiber instead of virgin fiber results in an estimated 20 per cent reduction in energy consumption, 17 per cent waste elimination and 14 percent reduction in CO2 emissions for the Explorer's seating materials. **FROM CARGUIDE**

Stay home and go on road trip

CROSS-COUNTRY. Many Canadians dream of doing a cross-Canada road trip. Now they can "virtually" enjoy this amazing experience from the comfort of their home thanks to Shell, General Motors and Carguide magazine.

Formula Media Group, a division of Metroland West Media Group, has joined with Shell Canada and GM to launch the Carguide Cross-Canada Adventure which will be making its way across the country till Aug. 27.

From the Pacific to the Atlantic, the magazine team will travel from Vancouver, BC to St. John's, NL in a Chevrolet Equinox, fuelled by Shell Nitrogen Enriched Gasoline from the hundreds of Shell stations that dot the route.

Readers can visit the Carguidecanada.ca website for entertaining daily blogs, photos and informative videos of this journey.

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The RAV4 revolution

Beloved Toyota model popularized the small crossover SUV trend
All-season confidence RAV4 highlight

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

More Canadians than ever are gravitating towards the crossover SUV for its blend of year-round utility, flexibility and driving confidence.

Now occupied by players from around the globe, the small crossover scene was virtually kickstarted back in the nineties by one machine: the Toyota RAV4. Turns out that someone's idea of a compact, efficient and car-like 4x4 turned out to be a very, very good one.

The last-generation RAV4 was available from 2001 to 2005 model years. All models got four cylinder power from either a two-litre, 148-horsepower or 2.4 litre, 161-horsepower unit — and both manual and automatic transmissions were available. All models in this generation got an automatic four-wheel drive system that split engine power between the front and rear wheels for maximum grip on virtually any surface.

The specs

- **MODEL** 2001-05 Toyota RAV4
- **VEHICLE TYPE** Crossover SUV
- **APPROXIMATE USED PRICE RANGE** $6,000 to $16,000

What Owners Like

Most RAV4 owners say they love the ease with which their machines handle manoeuvering and parking duties in day to day life. Good visibility, handling and mileage are also reported. The relatively spacious and flexible interior, all-season confidence and ground clearance are highly-rated, too.

▶ Good handling and mileage are some of the Toyota RAV4 features liked by owners.

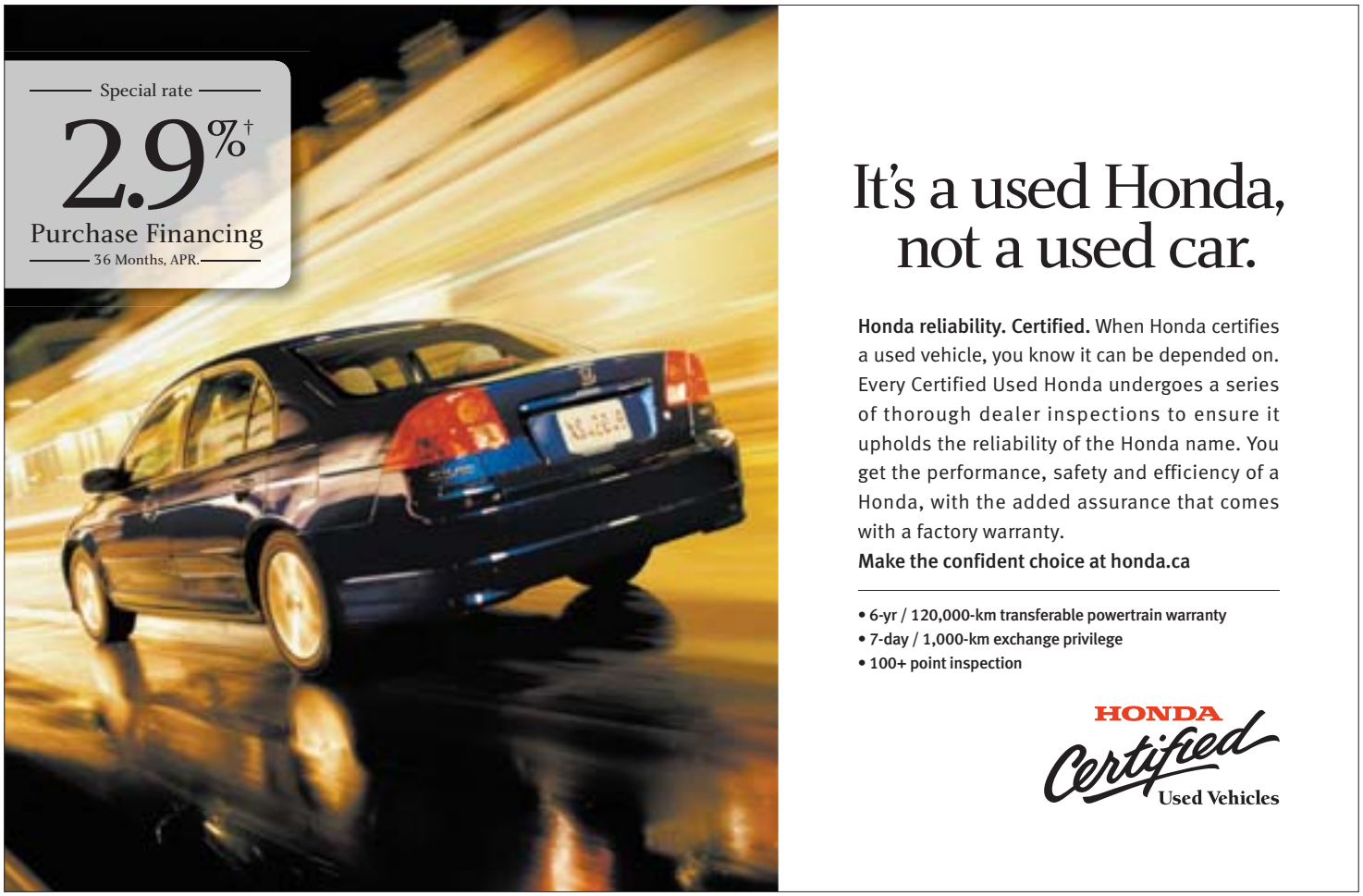
What Owners Hate

Many RAV4 owners wish for more power, often reporting wimpy performance and noisy full-throttle operation. Limited rear-seat space, and a rougher-than-expected ride on some models have also been reported. Some owners aren't fond of the RAV4's sideways-hinged, swing-open tailgate, either.

Common issues

On a test-drive, pay attention to the shift quality of the RAV4's automatic transmission, if so equipped.

If shifts are harsh, clunky, strange or sporadic, chances are a reprogramming of the transmission's computer control module will fix the problem. These issues may cause a check-engine light to illuminate, too.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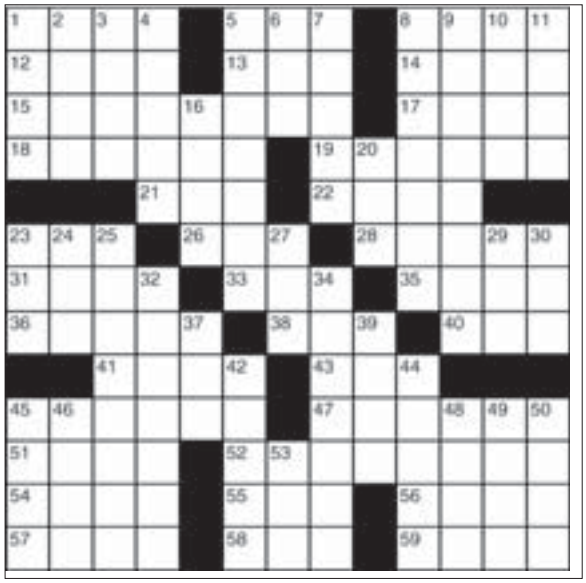
†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 36 months on Honda Certified Used Honda Civics (2005–2009 model years). Finance example based on 2005 model: $10,000 at 2.9% per annum equals $290.37 per month for 36 months. Cost of borrowing is $453.42 for a total obligation of $10,453.42. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires August 31, 2010.

Crossword



Across

1 Masters activity
5 — Moines
8 Sapporo sashes
12 Actor Sharif
13 "Yecch!"
14 Relinquish
15 Too young
17 Acknowledge
18 Handgun
19 Portabello alternatives
21 Anat. or biol.
22 Twosome
23 — de deux
26 $ dispenser
28 Skill
31 Ignore
33 Sweet potato
35 Malaria symptom
36 Below (Pref.)
38 Burst
40 Work unit
41 Enamored (of)
43 Scot's chapeau
45 Whirl
47 The hot wings were too much for him
51 Fork option
52 Insurance
54 Desire
55 Praise in verse
56 Pickle flavor
57 Existed
58 Football meas.
59 Pastoral work

Down

1 Rise
2 All (Pref.)
3 Young fellows
4 Worries
5 Two-sidedness
6 Early bird?
7 A Stooge
8 Sweet potato
9 Drink
10 "American —"
11 Stitches
16 Cabo da —, Portugal
20 Erstwhile acorn
23 Omega preceder
24 — Arbor, Mich.
25 Right to vote
27 Chart
29 Scoundrel
30 Small barrel
32 Make wider
34 Reasons, in whodunits
37 Pismire
39 Walk the floor
42 Fake duck
44 — Gras
45 Food
46 Bygone times
48 Incursion
49 Unattractive, and then some
50 Find a buyer for
53 Peculiarfame

▶ Yesterday's answer

Sudoku

	9		1		5		2	
			2		4			
8		4				5		1
		1	8		9	7		
9								6
		5	4		7	3		
6		2				4		7
			3		6			
	4		7		1		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	7	4	6	1	3	8
8	4	7	3	1	5	6	2	9
1	6	3	9	8	2	4	7	5
6	2	9	4	3	8	7	5	1
4	1	8	5	6	7	2	9	3
7	3	5	1	2	9	8	4	6
3	7	6	2	5	1	9	8	4
2	5	1	8	9	4	3	6	7
9	8	4	6	7	3	5	1	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Bru! Love you babe! Sorry I can be stupid at times!!!!! <3 **CHRIS**

Bill, on Saturday we will be married 40 years. I love for all the good times, sad times but most of all I love you for our 3 children which in turn have given us 6 beautiful grandchilden. Happy Anniversary. Lots of Love, **YOUR WIFE, MARY**

Vivian, you are my sweet little chinese rose. I am so glad we are together, now and for always. **JRBW**

Babochka, Come seize the day with me ... for each hour is timeless ... and every second matters ... when I'm with you. **LOVE, YOUR UNICORN.**

T, the past 3 years have been one adventure after another and through it all we have been there to lean on each other. Happy Anniversary, **LOVE D.**

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 9° Max 27°	Min 11° Max 26°	Min 8° Max 20°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you so reluctant to commit yourself to a task that could bring you fame and fortune? Is it because you fear you may not be up to the job? If so, don't worry – you're a natural.

♉ Taurus April 21-May 21 You may be ambitious by nature but don't push yourself too hard and burn yourself out. You are advised to save as much energy as you can over the next few days.

♊ Gemini May 22-June 21 What would you do if any path was open to you and you knew you could not fail? Then do it. Your dreams can come true, if you have the courage to aim high and the commitment never to give up.

♋ Cancer June 22-July 22 You need to find an outlet for all that energy that has been building up inside you. Physical activity of some kind is a must today as it will help you work off your frustrations.

♌ Leo July 23-Aug.23 Isn't it about time that you reminded someone close how much they mean to you? Most likely they know already but it never hurts to make sure, so hug them, kiss them and make them feel special.

♍ Virgo Aug. 24- Sept. 22 Your efforts may not seem to be bearing much fruit but don't get discouraged because the planets promise that what you do over the next few days will pay dividends early next week.

♎ Libra Sept. 23-Oct. 23 You may be a nice guy by nature but you also possess an indomitable will: nothing ever defeats you and nothing gets you down for long.

♏ Scorpio Oct. 24-Nov. 22 You have no doubt at all that you are going to reach the top of your chosen career path, but according to the planets you can't do it alone.

♐ Sagittarius Nov. 23-Dec. 21 Some of the best partnerships are formed between people whose outlooks are radically different, and if you bear that thought in mind you are less likely to miss an opportunity to link up with someone special. You'll make a great team.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next 24 hours will make you realize how much more is possible, and how far short of your potential you have been falling.

♒ Aquarius Jan. 21-Feb. 18 What seemed like a good idea yesterday does not seem like a good idea today, and there is no reason why you should not give up on it. It's okay to change your mind.

♓ Pisces Feb. 19-March 20 You are strongly advised not to take risks today, not even if the odds appear to be in your favor. That applies especially to relationships. Stick with what, and who, you know and trust. Why risk everything for just a little extra? **SALLY BROMPTON**

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Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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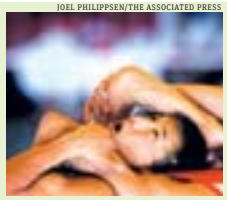

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